



# J & S FITNESS

## MEMBERS

# Newsletter

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### PREFACE

Keep up to date with current health and fitness trends with our bi-monthly newsletter.

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### Quote to Remember:

*"Never give up on a dream because of the time it takes to accomplish it, the time will pass anyway"*

- Earl Nightingale

## Achieving Your First 5K



5 Kilometers, 5000 meters, 3.1 miles.....now that you know the various metrical conversions of it, it is time to conquer it. For many persons, running period, much less a 5K is a steep daunting task and seems like an impossible goal. However, that is not truly so as with sensible planning, consistent effort, and determination your 5K goal can develop from a pipedream into a reality in as little as 10 weeks.

Below is a 5K training program developed and designed for the beginner runner who is now adapting to jogging/running consistently for the first time. The program incorporates a mixture of jogging/running, walking, resting and cross training designed to help reduce the risk of injury, stress and fatigue, while keeping the program enjoyable. Although originally designed for the beginner runner the program can be adapted for more advanced runners based on their various fitness levels.

### Tips:

- ◆ Ease into the training plan gradually and do not feel pressured to continue faster than you are able, repeat weeks if needed and move ahead only when you feel ready, but remember that you must continually push yourself to get the results you desire.
- ◆ Before each session make sure to warm up with a 5 - 10 minute walk, jog or a combination of both, as well as some light stretching.
- ◆ After each session make sure to cool down with a 5 minute walk, jog or a combination of both, as well as some light stretching.

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*The articles published in this newsletter have been carefully reviewed, but are not, official policies, statements, or opinions of J&S Fitness. Information published in this newsletter is not necessarily the position of J&S Fitness*

# Static Strength Training

## Overview:

Using a full range of motion is the standard method of weight training, however there are occasions when going against the norm is warranted (e.g. when strength gains have come to a halt). When this is the case it could be time to incorporate some unorthodox methods to possibly jump start your progress. Static Strength Training is one such method. This method involves holding a heavy weight at the end of the positive phase of a rep for 10 to 20 seconds. This concept is based on the idea that by forcing the muscle to work only when it is maximally contracted and using the heaviest weight possible, you can optimize its strength potential. When you train using a full range of motion, the amount of weight you can use is limited by the point in the exercise range of motion where you are the weakest (sticking point), as you can only use as much weight as you can lift through that sticking point. With Static Training the sticking point is eliminated, so you can overload the muscle fibers with as much weight as you can hold for at least 10 seconds in the strongest position of the particular muscle. The weight used should be such that you can hold it statically 2 - 4 inches from the end of the full contraction point of the movement for at least 10 seconds, but for no more than 20 seconds.

## Method:

### Warm Up Sets

- Do 2 light sets (full range of motion) of each exercise you are training statically. On each repetition, stop and hold for a count of 3 seconds at approximately 2 - 4 inches from the end of the full contraction point of the movement
- Do a third set (full range of motion) with a weight you can do for approximately 6 repetitions, but only do 1 repetition, stopping and holding for a count of 3 seconds approximately 2 - 4 inches from the end of the full contraction point of the movement

### Workout

- Do 2 static sets per exercise with 2 minutes rest between sets
- After the second set, drop the weight and complete 3 full range of motion sets of the exercise

### Tips

- You will need a reliable training partner to help with this training method, as your training partner will need to assist you in moving the weight to the static position, as well as timing your static sets to ensure that you are within the targeted 10 - 20 seconds window

**Table 1: Ratings of the Static Strength Training Method**

Rating					
Time	1	2	3	4	5
Length	1	2	3	4	5
Difficulty	1	2	3	4	5
Results	1	2	3	4	5

\*Highlighted numbers represent the rating given to the method on a scale of 1 to 5 whereby:

1 = shorter/easier/least effective

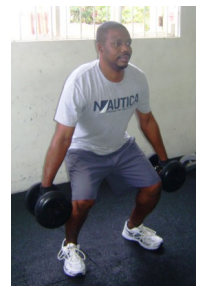
5 = longer/harder/more effective



**Static Barbell Curls**



**Static Smith Machine Bench Press**



**Static Dumbbell Squats**

## Ask Yourself Answers

1. **False - Your soleus muscle (the muscle in your calf that helps you stand and walk)**
2. **True**
3. **True**
4. **True - Fauja Singh (100 years old - 2011) & Harriette Thompson (92 years old - 2015)**
5. **True**

# Research the Facts

## Rope Training Is A Vigorous Cardiovascular Exercise



Rope training is an extremely popular functional method used frequently in cross training programs such as CrossFit. It involves vigorously undulating one or two large ropes using upper body muscles and stabilizing the body with the lower muscles and core. Charles Fontaine from the University of Minnesota Duluth and Brad Schmidt from Creighton University in Omaha, Nebraska found that a 10 minute rope interval workout (10 sets of 15 seconds rope waving followed by 45 seconds rest) increased heart rate to 163 beats a minute and metabolic rate 10 times above rest. Rope training is a vigorous functional training method that develops physical fitness.

*(Journal Strength Conditioning Research, 29: 889 - 893, 2015)*

## HIIT Plus Weight Training Builds Strength & Endurance

Though endurance training can lead to strength gains, strength gains under these circumstances are limited because strength training and endurance training triggers different biochemical pathways leading to improvements in either strength or endurance. However, British researchers led by Jamie Pugh from Loughborough University found that by combining resistance exercise with HIIT activated the mTOR pathway and suppressed myostatin, which results in accelerated protein synthesis. Thus, combining HIIT and weight training in a single workout is a good way to build strength and endurance simultaneously.

*(Physiological Reports, 3(4): E12364, 2015)*

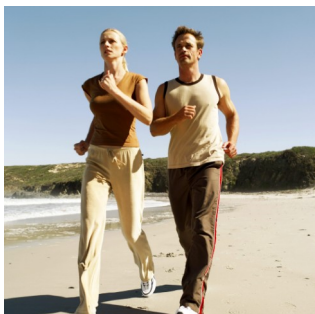
## Whole Grains Promote Longevity



According to a study led by Hongyu Wu from the Harvard University School of Public Health eating more whole grains is associated with increased longevity and a lower death rate from cardiovascular disease, as it may reduce the risk of premature death by up to 15 percent. The study contained more than 110,000 persons and examined data from the Nurses' Health Study and the Health Professionals Follow-Up Study. They factored out the effects of age, body composition, physical activity and overall diet, and examined data and death rates that occurred over a 25 year period.

*(JAMA Internal Medicine, published online January 6, 2015)*

## Exercise Fights Depression By Stimulating Serotonin



Serotonin plays important roles in brain communications and can influence mood, fatigue and performance during exercise. Low brain serotonin levels increase feelings of tiredness and lethargy. A Korean study on rats found that endurance exercise reversed induced depressive states in animals by increasing serotonin levels and the activity of serotonin receptors, subsequently the exercising animals were less anxious and suffered from less depression. The researchers therefore concluded that endurance exercise works like an antidepressant, and as such in today's world, psychiatrists are increasingly using exercise in their treatment regimes of patients suffering from depression.

*(International Neurology Journal, 19:27 - 33, 2015)*

# Achieving Your First 5K

....Continued from Page 1

## Tips (cont'd):

- ♦ Find a training partner. Training with a partner will help keep you motivated, and more encouraged throughout the process compared to training alone.

Now that you have found a partner.....

- ♦ Avoid comparing yourself to your training partner, it is not a competition. There will always be faster and slower runners, as well as those who adapt and improve to training stimuli at a faster rate, while others may take longer to improve. Focus on your goals, your targets and your improvements.
- ♦ Your diet is important. Your workouts are fueled by the food you eat. In the same manner that you cannot fuel your car with the wrong type of gas and expect it to run efficient (or at all) you cannot fuel your body with mainly poor nutritional items and expect to reap optimum results. Keep a log of your daily eating to give yourself a better perspective of what goes into your body. Eat smaller, more frequent balanced meals, with a focus on fruits, vegetables, lean proteins, simple carbs, and healthy (good) fats, while trying to avoid processed foods.
- ♦ Get adequate rest and recovery, especially on stipulated 'rest' days. Rest/recovery is important to a successful program as it allows your muscles and body time to recover effectively.

## Program Background:

- Each week generally encompasses 3 running days, 1 cross-training day, 1 strength day and 2 rest days. Cross-training is any other form of cardio besides running (swimming, cycling, gym machinery). Although various rest days are set, adjust as necessary so that it can be best accommodated in your weekly schedule.
- The workouts listed encompass both distance or time based workouts. If you prefer you can adapt the program to cater to a single type (distance or time).
- The aim is to gradually increase your running distance/time each week, while decreasing your walking distance/time. By the end of the 5th week the goal is to be able to run one mile without stopping.
- For measuring purposes it is best to perform the distance based workouts on a track or field of approximately 400 meters or 800 meters, or with the use of a fitness tracker that can measure your distance travelled. \* See below for important distance conversions

0.25 mile = 400m

0.5 mile = 800m

## ASK YOURSELF ..... True or False ?

Score: \_\_\_\_\_ out of 5

1. The muscle in your body that can pull with the most force is your hamstring muscle	TRUE	FALSE
2. Running puts 3 to 4 times your body weight in pressure on your feet	TRUE	FALSE
3. Banana, tomato, pumpkin, watermelon & avocado are all berries	TRUE	FALSE
4. The oldest man and woman to complete a full marathon (26 miles) are both over 90 year old	TRUE	FALSE
5. Persons who cross-train with a variety of exercises are more fit and less injury prone compared to those who exercise using only one or two exercise modalities	TRUE	FALSE

[Answers can be found on the bottom of page 2](#)

## Achieving Your First 5K

Day							
Week	1	2	3	4	5	6	7
1	Alternate 200m jog with 200m walk. Repeat for 20 mins	Cross training for 30 mins	Alternate 60 sec jog with 60 sec walk. Repeat for 20 mins. Then, walk for 15 mins	Rest	Jog for as long as you can then walk for 2 mins. Repeat for a distance of 2 miles	Strength training	Rest
2	Alternate 200m jog with 200m walk. Repeat for 20 mins	Cross training for 30 mins	Alternate 60 sec jog with 60 sec walk. Repeat for 20 mins. Then, walk for 15 mins	Rest	Jog for as long as you can then walk for 2 mins. Repeat for a distance of 2 miles	Strength training	Rest
3	Alternate jogging for 400m with walking for 200m for 20 mins	Cross training for 30 mins	Alternate jogging for 60 sec with walking for 60 sec for 25 mins. Walk for 15 mins	Rest	Jog for as long as you can then walk for 1 min 30 sec. Repeat for a distance of 2 miles	Strength training	Rest
4	Alternate jogging for 600m with walking for 200m. Repeat for 20 mins	Rest	Jog for as long as you can then walk for 1 min 30 sec. Repeat for a distance of 2.5 miles	Cross training for 35 mins	Strength training	Rest	Alternate jogging for 60 sec with walking for 30 sec for 25 mins. Walk for 15 mins
5	Jog for as long as you can then walk for 1 min 30 sec. Repeat for a distance of 2.5 miles	Rest	Alternate jogging for 800m with walking for 200m. Repeat for 20 mins	Strength training	Cross training for 35 mins	Rest	Jog for as long as you can (aim: 1 mile) then walk for 1/4 mile. Repeat for a distance of 3 miles
6	Rest	Jog for as long as you can (aim: 1 mile) then walk for 1/4 mile. Repeat for a distance of 3 miles	Rest	Jog for as long as you can (aim: 1 mile) then walk for 1/4 mile. Repeat for a distance of 3 miles	Cross training for 35 mins	Alternate jogging for 60 sec with walking for 30 sec for 30 mins. Walk for 15 mins	Rest
7	Jog for as long as you can (aim: 1.5 miles) then walk for 1/4 mile. Repeat for a distance of 3 miles	Cross training for 40 mins	Rest	Jog for 1 mile. Rest 5 mins. Repeat twice	Strength training	Rest	Alternate jogging for 90 sec with walking for 30 sec for 35 mins. Walk for 15 mins
8	Jog for as long as you can (aim: 2 miles) then walk for 1/4 mile. Repeat for a distance of 3 miles	Rest	Jog for 1.5 - 2 miles. Rest 5 mins. Jog 1.5 miles	Cross training for 40 mins	Rest	Alternate jogging for 90 sec with walking for 30 sec for 40 mins.	Rest
9	Jog for as long as you can (aim: 2.5 miles) then walk for 1/8 mile. Repeat for a distance of 3 miles	Rest	Jog for 2 miles. Rest 5 mins. Jog 1.5 miles	Rest	Jog for as long as you can (aim: 3 miles)	Rest	Jog for 2 miles. Rest 5 mins. Jog 1.5 miles
10	Rest	Jog for as long as you can (aim: 3 miles)	Rest	Jog 2 miles	Rest	Rest	RACE DAY 5K (3.1 miles)



Eating healthier does not have to mean eating boring. In our 'Healthy & Great' recipe section we will introduce you to some incredible recipes which are lower in sugar, fat and calories compared to their 'traditional' counterparts but are still full of flavor.



## Barbeque Chicken Quesadillas

### Method

1. Spray a large non-stick skillet with cooking spray and place over medium-high heat.

2. Place 1 tortilla in the skillet and spread half the barbeque sauce over it. Add half chicken to the tortilla and sprinkle half the cheese on top. Cover with another tortilla.

3. Cook for 2 minutes, or until the cheese begins to melt and the bottom of the tortilla is golden brown. Carefully flip the quesadilla and cook for another 2 - 3 minutes.

4. Cut the quesadilla into eight portions before serving.

5. Repeat the steps with the remaining ingredients

### **MAKES 4 SERVINGS**

- ♦ 4 (8-inch) reduced-carb high-fiber flour tortillas
- ♦ 2 tablespoons barbeque sauce
- ♦ 1 cup shredded, cooked chicken breast
- ♦ 2/3 cup reduced-fat Mexican cheese blend

### **NUTRITIONAL INFORMATION PER SERVING (1/2 quesadilla or 4 wedges)**

Calories: 140 / Carbohydrates: 13g (Sugars: 2g) / Total Fat: 4.5g (Saturated Fat: 1g) / Protein: 18g / Fiber 7g / Cholesterol: 30mg / Sodium: 460mg

**Recipe obtained from "Eat What You Love" - By Marlene Koch**

Contains more than 300 incredible recipes which are low in sugar, fat and calories and are great for weight loss & diabetes diets

# NEWS, NOTICES AND EVENTS

## 2015 ALLMAX NUTRITION NATIONAL BODYBUILDING & FITNESS CHAMPIONSHIPS

♦ Lloyd Erskine Sandiford Centre: August 29th, 2015, 6 pm

## PAST NEWSLETTER EDITIONS

♦ Past editions of the J&S Fitness Newsletter can be downloaded from the gym's website ([www.jscompanyltd.com](http://www.jscompanyltd.com)).



## CONTACT US



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## WANTED...

*Models for the next publication of the J&S Fitness Newsletter*

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### Let Us Know What You Thought Of This Issue

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to

[fitness@jscompanyltd.com](mailto:fitness@jscompanyltd.com)